

## Menasha Health Department Annual Report 2010

The mission of the Menasha Health Department is to promote public health, protect consumers, and encourage a healthy living environment in response to the needs of the community and school district. This report is a summary of public health/school health services provided in 2010.

### Public Health

Public health services in 2010 consisted of communicable disease control, city-wide older adult health program, nursing assessment and guidance for residents of all ages, and information and referral to other agencies. The total number of client visits in 2010 was 3388. Changing demographics in city residents (increase in low income families and non-English speaking) requires increased involvement with individuals and families to address greater and more complex needs. As the economy continued on a downward spiral, the poverty level in the city increased. Many residents struggled to meet basic needs for their families and themselves. The health department participated with other community providers on the Convoy of Hope project in August 2010 held on the grounds of Maplewood Middle School. Families spent the day obtaining a variety of services at no cost. The health department provided adult tetanus boosters and information on adult and childhood vaccines.

As a public health agency, the health department works to improve the health of the community. In 2010, a variety of health education and training sessions were provided in the community. Some of the topics were emergency preparedness which included CPR, First Aid training; communicable disease prevention; cardiovascular risk reduction; and continued H1N1 awareness. Car seat checks also are continued to be provided for infants and toddlers.

The health department actively participates in the Fox Cities Healthcare Partnership. The major project of this group in 2010 was the continuation of the Walk to Win program with the emphasis on school age children. As background information, in 2002, the Fox Cities HealthCare Partnership, made up of Health Officers from the Cities of Neenah, Menasha, Appleton, and Oshkosh Health Departments, as well as from the Winnebago, Calumet, and Outagamie County Health Departments, and representatives from ThedaCare and Affinity Health Care Systems, met to develop an action plan for community wellness programs. The partnership determined that based on key findings from “Behavioral Risk Factor Surveillance System in the Fox Cities – Final Report 2001”, the greatest area of need for programming in the Fox Cities community is the area of “weight/diet/exercise”. This key finding became the key focus of the work of the Fox Cities Healthcare Partnership in 2003.

In 2003, the Fox Cities HealthCare Partnership developed the Fox Valley-wide initiative entitled “Walk to Win”. The primary goal of “Walk To Win” was to improve community health by establishing the habit of regular exercise among more sedentary community members. “Walk To Win” was a true collaboration from the onset bringing together health organizations, including two competing health care systems as well as public health departments from the Cities of Neenah, Menasha, Appleton, Oshkosh, Counties of Winnebago, Outagamie, and Calumet. The YMCA-Fox Cities was also a vital partner in this endeavor. All focused on making a lasting difference in individuals within our Fox Cities community through a program that would encourage non-participating citizens to

develop a life-long habit, one day at a time, through a walking program, over a three-month period. Survey results for 2003 are the following:

Participants registered	5,916
Participants who completed 100 miles	2,125

These statistics far exceeded the original projections for this program for 2003. It's interesting to note that 81% of registrants were female with 18% being male.

In 2004, the Fox Cities Health Care Partnership implemented the 2<sup>nd</sup> annual "Walk to Win", continuing its focus on adults, but initiating involvement of children, ages 5 to 17 years of age. Children were encouraged to set individual walking goals of 25, 50, or 75 miles in 3 months. If they reached their goal in 3 months, they were eligible for incentives, i.e. T-shirts, as well as grand prize drawings.

**2004 Statistics:**

**Adults**

Participants registered	3,838
Participants completing goals	1,331

**Children**

Participants registered	1,378
Participants completing goals	985

In 2005, the Fox Cities HealthCare Partnership implemented the 3<sup>rd</sup> annual "Walk to Win", continuing its focus on adults and children, but enhancing outreach to school-aged children. Children were again encouraged to set individual walking goals of 25, 50, or 75 miles in 3 months.

**2005 Statistics:**

**Adults**

Participants registered	2,423
Participants completing goals	562

**Children**

Participants registered	1,742
Participants completing goals	1,742

In 2006, the Fox Cities HealthCare Partnership implemented the 4<sup>th</sup> annual "Walk to Win", continuing its focus on children and adults, but increasing outreach to the many school districts in the tri-county area.

**2006 Statistics:**

**Adults**

Participants registered	1,432
Participants completing goals	1,096

**Children**

Participants registered	1,412
Participants completing goals	1,319

In 2007, the Fox Cities HealthCare Partnership implemented the 5<sup>th</sup> annual "Walk to Win", continuing its focus on all ages of individuals, but including increased outreach to schools and businesses. With the assistance of the Activate Fox Cities Leadership Group, marketing and outreach efforts were greatly enhanced.

**2007 statistics:**

Online Registrants	3,627
Group Registrants	2,205

School Registrants	5,243
Business Registrants	1,576
Other Registrants	<u>97</u>
Total Registrants	12,748

In 2008, the “Walk to Win” program began its 6<sup>th</sup> year. The program continued to focus on motivating people to make exercise a habit. Adults and school-age children were challenged to do, at a minimum 30 minutes of moderate intensity physical activity at least 5 days a week.

<b>2008 Statistics:</b>	Online Registrants	1474
	Business Registrants	1620
	School Registrants	<u>2894</u>
	Total Registrants	5943

In 2009, the “Walk to Win” program continued its mission of motivating individuals to make exercise/activity a daily habit.

<b>2009 Statistics:</b>	Online Registrants	1107
	Business Registrations	262
	School Registrants	<u>2920</u>
	Total Registrants	4289

83% (3571) completed the program

<b>2010 Statistics:</b>	Online Registrants	597
	Business Registrations	852
	School Registrants	<u>2493</u>
	Total Registrants	3942

87% (3434) completed the program

The health department continues to participate in the regional public health preparedness consortia established in 2002. The purpose of the consortia is to have the capability to respond to a public health emergency either from an act of terrorism or a widespread communicable disease outbreak such as pandemic flu. In 2010, the health department conducted a drill of its mass clinic plan by holding a seasonal flu clinic for all families in the MJSD. The health department continues to recruit volunteers and currently has 172 members for emergency situations. Many participated in the November mass influenza clinic. Annual training on different emergency protocols is offered to all volunteers.

The following communicable diseases were reported:

		<u>2008</u>	<u>2009</u>	<u>2010</u>
Chlamydia	} Sexually	56	66	64
Gonorrhea	} Transmitted Diseases	4	8	8

	<u>2008</u>	<u>2009</u>	<u>2010</u>
Campylobacter Enteritis	3	3	6
Cryptosporidiosis	0	1	1
E-Coli	2	0	1
Giardiasis	3	2	2
Hepatitis A	1	0	0
Hepatitis B	1	1	1
Hepatitis C	5	6	10
Hepatitis E	0	0	1
Legionellosis	0	0	1
Lyme Disease	1	1	10
Mumps	0	0	0
Non tuberculous Mycobacterial Disease	3	1	4
Pertussis	1	1	2
Salmonellosis	1	0	2
Strep pneumoniae invasive disease	1	2	2
Streptococcal Disease (Invasive Group A)	0	0	2
Streptococcus group B	0	0	1
Varicella (chickenpox)	0	4	2

The Menasha Health Department has 2 immunization clinics per month. Following is a summary of immunization information:

	<u>2008</u>	<u>2009</u>	<u>2010</u>
Number of participants (Regular scheduled clinics)	593	2639	2358
Number of immunizations given	1222	3540	3208
		(Includes 1646 doses of H1N1)	
Number of Hepatitis A doses – Adult	7	2	61
Number of Hepatitis B doses - Adult	93	13	69
Number of Employee and other Adult Flu Shots (includes city, utility and school district employees, and their spouses)	218	220	490
Number of Senior Citizen Flu Shots	131	81	74

Different types of screenings are provided throughout the year either through public health nursing services, the prevention program, or 60+ adult health services. The following screenings were provided:

	<u>2008</u>	<u>2009</u>	<u>2010</u>
Blood Pressure (public health)	101	289	164
TB Skin Tests	77	81	169
Urine Screening (High School Wrestlers)	35	37	27

#### 60+ Health Screenings

	<u>2008</u>	<u>2009</u>	<u>2010</u>
Skin Cancer	27	24	47
Blood Pressure	355	314	262
Urine	19	7	8
Colorectal	15	7	9
Hearing	9	5	0
Anemia	25	19	5
Wellness Panel	96	85	83
Hand Massage/Massage	27	20	22
Healthy Aging (New in 2009)	6} combined with walking program		8
Exercise Class (New in 2009)		109	241
Walking Program	34	14	17

\* Coordinated with Theda Care Labs.

#### Environmental Health

The environmental health program consists of an inspection program of eating, drinking, and retail food establishments, and investigations of complaints of human health hazards. The sanitarian is also in charge of the weights and measures program for the city.

	<u>2008</u>	<u>2009</u>	<u>2010</u>
Inspections:			
Eating and Drinking Establishments	131	142	169
Retail Food Establishments	51	49	51
Vending Machines (Food)	23	22	21
Temporary Food Stands	46	51	52
Pools and Pool Sampling	7	9	13
Mobile Home Park	1	1	1
Weights/Measures	372	378	374

		<u>2008</u>	<u>2009</u>	<u>2010</u>
	Asbestos (Contract with DNR)	12	14	17
	Non-DNR Asbestos	3	6	6
	Tattoo Establishments	1	0	3
	City of Neenah contract (Food Establishments)			33
Human Hazard Investigations:	Air Quality	20	17	13
	Lead Hazards	8	6	7
	Radon Kits	6*	183	121
	Housing	39	31	71
	Animal Issues/Animal Feces	53	42	28
	Sewage	6	9	11
	Solid Waste (Garbage)	42	29	28
	Other: Rodents, etc.	17	24	21
	Animal Bites (follow-up)	43	38	42
	*No radon grant funding in 2008			

### School Health

The Menasha School District contracts with the Menasha Health Department for school nursing services. In addition to vision, hearing, scoliosis, and dental screenings, the nurses provide individual health assessments including health counseling, monitor the health and coordination of health services for students with special health care needs, and provide classroom instruction on dental health, human growth and development including prevention of sexually transmitted diseases, and various other health related topics. There are five school health aides – 3 are assigned to elementary buildings, 1 is assigned to the middle school and 1 is assigned to the high school. They provide service over the lunch period primarily dispensing medications, monitoring diabetic students, providing first aid, and caring for ill children. Health department staff also provide CPR/FIRST AID certification that is now required for school employees. All school buildings are equipped with AEDs (automatic external defibrillators). Each school has an identified emergency response team trained by health department staff. Emergency training drills are done three times during the school year in each school.

A fluoride varnish program established in 2008 for preschoolers using grant funds was conducted again in 2010.

	<u>2008</u>	<u>2009</u>	<u>2010</u>
Number of individual contacts for assessment, health procedures, health teaching, etc.	2557*	8928	9250
Number of individual health conferences (IEP meetings, core team meetings, etc.)	34	74	67

	<u>2008</u>	<u>2009</u>	<u>2010</u>
Vision screenings	1609	1778	1822
Number referred	91	134	149
Hearing screenings	1181	1216	1197
Number referred	62	39	28
Scoliosis screenings	177	212	209
Number referred	7	14	12
Dental screenings	1579	1681	1675
Number referred	293	287	254
Educational presentations	123	109	158
Number attending	2428	3620	5888
Fluoride Varnish	402	619	596

\*Number does not reflect total contacts (change in computer data base program).

The normal staffing pattern in the health department consists of a fulltime PH director, a fulltime sanitarian/sealer of wts. and measures, 2 fulltime public health nurses. 1 full-time public health aide, 2 part-time PHN, 1 part-time dental hygienist, 5 part-time school health aides, 2 limited part-time vision/hearing screeners, and 1 limited part-time Hispanic interpreter.

The funding sources for the health department consist of grants, fees for service, license fees, school health contractual arrangements, donations, and city tax levy monies. Total expenditures for 2010 were \$671,868. The local tax levy provided \$236,904 with the remaining \$434,964 coming from all other sources of funding combined.